

**MORALE, WELFARE AND RECREATION DEPARTMENT**  
**Naval Postgraduate School**  
**Monterey, CA 93943**

(831) 656-2432; Fax 656-3677; website [www.mwr.nps.navy.mil](http://www.mwr.nps.navy.mil)

5420/8  
Code 225  
16 June 2004

From: Quality of Life Director  
To: Distribution

Subj: MINUTES OF THE MORALE, WELFARE AND RECREATION (MWR)  
ADVISORY BOARD MEETING OF 5 MAY 2004

Ref: (a) NAVPGSCOLINST 1700.2B

1. In accordance with reference (a), the MWR Advisory Board Meeting commenced at 1005 on Wednesday, 5 May 2004, in the La Novia Room, Herrmann Hall, Naval Postgraduate School (NPS).

2. Members and Guests Present

<u>Name</u>	<u>Title &amp; Organization</u>	<u>Email Address</u>
James Thomas	Quality of Life Director, MWR, NPS	<a href="mailto:jrthomas@nps.navy.mil">jrthomas@nps.navy.mil</a>
Darlene Raish	Leisure Services Manager, MWR, NPS	<a href="mailto:drdraish@nps.navy.mil">drdraish@nps.navy.mil</a>
Megan Ryan	Child and Youth Services Director, MWR, NPS	<a href="mailto:mdryan@nps.navy.mil">mdryan@nps.navy.mil</a>
Amy Caudillo	Community Activities/ITT Manager, MWR, NPS	<a href="mailto:amclose@nps.navy.mil">amclose@nps.navy.mil</a>
Loy Vincent	Fitness Center Manager, MWR, NPS	<a href="mailto:lvincent@nps.navy.mil">lvincent@nps.navy.mil</a>
AGC Jeremy Hawkins	Fleet Numerical Meteorology & Oceanography Center Representative,	<a href="mailto:Jeremy.Hawkins@fnmoc.navy.mil">Jeremy.Hawkins@fnmoc.navy.mil</a>
LCDR Dominick Vincent	Superintendent's Student Council, NPS	<a href="mailto:davincen@nps.navy.mil">davincen@nps.navy.mil</a>
Edgar Kloth, ADC (Ret.)	Fleet Reserve Association (FRA), Branch 178, Monterey	<a href="mailto:lored@mbay.net">lored@mbay.net</a>
Jack Jensen, CAPT (Ret.)	Representative, Military Officers Association of America (MOAA)	<a href="mailto:Tr2004@webtv.net">Tr2004@webtv.net</a>
Patricia Shearon	Hardlines Manager, Navy Exchange (NEX)	<a href="mailto:Nex Monterey-HRD@nexnet.navy.mil">Nex Monterey-HRD@nexnet.navy.mil</a>
RP1 Lucy King	Chaplain's Office, NPS	<a href="mailto:llking@nps.edu">llking@nps.edu</a>

Subj: MINUTES OF THE MORALE, WELFARE AND RECREATION ADVISORY  
BOARD MEETING OF 5 MAY 2004

GSCM Robert Murphy	Command Master Chief, NPS	<u>romurphy@nps.navy.mil</u>
Mary Jo McDonough	International Activities Coordinator, DRMI	<u>mjmcdono@nps.navy.mil</u>
MS3 Sophal Sarn	Flag Admin, NPS	<u>ssarn@nps.navy.mil</u>
Melita Calub	Administrative Assistant, Fleet and Family Support Center (FFSC), NPS	<u>mcalub@nps.navy.mil</u>

3. Mr. Thomas asked the members to introduce themselves. He then asked for a motion to approve the minutes from the last meeting. Ms. Ryan made a motion to approve the minutes as written, and Ms. Raish seconded.

4. Old Business

5. Activity Updates

a. Club Del Monte, Mr. Thomas

- Café Del Monte. We are installing outdoor tables with umbrellas. The Seabees have completed the landscaping of the area outside the library, which used to be part of the parking area. We serve Starbucks coffee each day we feature an international special, hamburgers, pre-made sandwiches, salads and soft drinks.
- Mother's Day Brunch, Sunday, 9 May, Barbara McNitt Ballroom. Seafood bar, variety of fresh salads, entrees, and desserts; Adults \$22.75, Children 5 - 10 \$11.50; Under 5 Free. Reservations are highly encouraged.
- Military Spouses' Appreciation Day, 14 May. Half-price on lunch in the El Prado Dining Room for spouses of active and retired military members.
- Father's Day Brunch, Sunday, 20 June, Barbara McNitt Ballroom. Seafood bar, variety of fresh salads, entrees, and desserts; Adults \$22.75, Children 5 - 10 \$11.50, Under 5 Free. Reservations are highly encouraged. Note: (as of 10 June this event was cancelled due to low reservations)
- **May & June Weekly Dinner Specials**

Monday. Fresh Seafood Cioppino with Shrimp, Calamari, Crab and Mussels, Served with Fresh Caesar Salad and

Subj: MINUTES OF THE MORALE, WELFARE AND RECREATION ADVISORY  
BOARD MEETING OF 5 MAY 2004

Garlic Bread; Adults \$9.50, Children 5 - 10 \$4.75,  
Under 5 \$3.00.

Tuesday. Slow Roasted Prime Rib with Aus Jus Accompan-  
ied with Horse Radish, Baked Potato, Sour Cream and  
Chef's Choice Dessert; \$13.00.

Wednesday. Chile Verde with Refried Beans and Salsa;  
Adults \$8.50, Children 5 - 10 \$4.25.

Thursday. **Family Night:** Pizza; Adults \$5.50, Children  
5 - 10 \$3.00.

Friday. Fettuccine Pasta with Grilled Chicken Breast,  
Bacon, Mushrooms, Bell Peppers and Basil in a White  
Cream Sauce; Adults \$9.00, Children 5 - 10 \$5.00.

*The above dinner specials are served in the El Prado  
Dining Room, Basement of Herrmann Hall, from 4 - 9 p.m.  
For more information, please call 656-2170.*

b. Leisure Services Division, Ms. Raish

(1) Marina. The NPS Sailing Association (NPSSA) will  
conduct sailing lessons 14 - 16 May. Classes will be held one  
weekend each month through the summer and fall. Participants  
must be members of NPSSA. Cost for the class is \$100.00. Mem-  
bership is \$25.00. Applications for membership and Registration  
for the sailing classes are available at the Monterey Bay  
Athletic Center (MBAC).

(2) Roman Beach Breakout. Our grand opening event of our  
swimming pool turned sand-volleyball court. We had 200+ people.  
We received \$600.00 in commercial sponsorship and we were able to  
provide free hotdogs and soft drinks. To reserve the sand-  
volleyball court and barbeque grill, call the fitness center,  
656-3118. It's a great place for having group get-togethers or  
for just playing a game during lunch breaks.

(3) Pattullo Swimming Center. The Pattullo Swimming  
Center in Seaside has daily lap swimming and offers a generous  
military discount (\$15.00 a month, or \$90.00 a year) for  
unlimited use. The center is located at 1148 Wheeler Street in  
Seaside.

(4) Sports and Fitness

(a) Sports

Subj: MINUTES OF THE MORALE, WELFARE AND RECREATION ADVISORY  
BOARD MEETING OF 5 MAY 2004

Summer Volleyball: Starts 13 July (Tuesdays and Thursdays); sign up dead-line 6 July. League runs three months.

Summer Softball: Starts 12 July (Mondays and Wednesdays); sign up deadline is 6 July. League runs three months.

Summer Soccer: Starts 17 July; sign up deadline is 9 July for 8 on 8 league. Games are played on Saturdays at DLI. Cost is \$12.00 per player. League runs three months.

(b) Fitness, Mr. Vincent

Welcome Our New Personal Trainer. Come and greet our new personal trainer, Shelly Howard. Shelly has several certifications, which include Health Fitness Instructor (American College Sports Medicine), Personal Trainer (American Council on Exercise), Yoga Instructor (Sara's City Workout) and an Aerobic Instructor (Aerobic & Fitness Association of America). Shelly is a competitor in bodybuilding and is a welcome arrival as a Fitness Educator/Instructor. Shelly is available by appointment and consultations. Personnel training fees are: \$20 for a half-hour, \$40 for an hour or \$225 for six hours.

**Exercise Across the USA**

Dates: 3 May - 26 June

Cost: Free without a t-shirt OR for \$10.00 earn a specially designed t-shirt ("I survived the NPS Fitness Challenge")

Description: Earn exercise points (miles) and watch yourself cross the United States map. For every 30 minutes of exercise (walking, running, weight training, aerobics class workout or most forms of exercise) you get 50 miles (max 150 miles a day).

**Weight Lifting Contest**

Date: Friday, 14 May

Time: 1:30 p.m. - 4:00 p.m.

Cost: \$12.00 military; \$14.00 DOD/civilian



Subj: MINUTES OF THE MORALE, WELFARE AND RECREATION ADVISORY  
BOARD MEETING OF 5 MAY 2004

**Description:** Power Lift (bench, dead-lift & squat) or Bench Press only. This event is for men and women. Novice lifters are welcome. Specially designed **t-shirts** for all participants. Awards: First, second & third place **medals** (ten different weight classes) and Over-all champion **trophies**.

#### Weight Training Class (Beginning)

**Date:** 7 - 18 June (Mondays & Wednesdays)  
**Time:** 10:30 - 11:30 a.m. or 4 - 5 p.m.  
**Cost:** Military, Family members & Reservists  
**Free**; DOD/Civilian \$5 (daily fee or membership required)

**Description:** Learn the proper biomechanics involved in Weight Training. There will be four one-hour sessions. Contact Loy Vincent (Trainer) at 656-1943 or the MBAC at 656-3118.

#### Stability Ball Workout

**Dates:** 1 - 29 June (Tuesdays & Thursdays)  
**Time:** 11:30 a.m. - 12:00 p.m.  
**Cost:** Free to all members

**Description:** Get a quick half hour workout on the Stability Ball (CORE exercises), Marcelo Dutra (Trainer).

#### Executive Boot Camp

**Dates:** 9 July - 9 September  
**Time:** Class meets Thursdays, 11 a.m. - 12 p.m.  
**Cost:** \$20 Military; \$30 DOD/Civilian

**Program:** The MBAC presents their semi-annual eight-week weight loss, nutrition education, and strength/cardiovascular training class (lecture only). How much body fat do you need to lose? IF you lose an agreed amount of body fat, participants get half the entry fee back. Body fat measurements will be taken, at the beginning and at the end of eight weeks.

*For more information on the above Sports and Fitness activities, call the MBAC at 656-3118.*

Subj: MINUTES OF THE MORALE, WELFARE AND RECREATION ADVISORY  
BOARD MEETING OF 5 MAY 2004

(5) Information, Tickets and Tours (ITT) and Liberty/  
Single Sailor Program, Ms. Caudillo

(a) ITT

**Tours in May**

1	Baseball - Giants vs. Florida Marlins	\$45
8	San Francisco Get Acquainted	\$23
15	Winchester Mystery House	\$40
22	Great America	\$45
29	Baseball - Giants vs. Colorado Rockies	\$45
29 - 31	Knott's Berry Farm, Disney, adult	\$225
	and Magic Mountain child	\$179

**Tours in June**

5	San Francisco Legion of Honor Museum	\$23
12	San Francisco Jazz Festival - Tomasz Stanko Quartet	\$23
19	Baseball - San Francisco Giants vs. Boston Red Sox	\$45
26	Hearst Castle	\$35

**Additional Baseball Tours**

8 August	Giants vs. Chicago Cubs	\$45
4 September	Giants vs. AZ Diamondbacks	\$45

Oakland A's Baseball Tickets on Sale! Tickets are \$12.25 for weekend games throughout the season. Special orders for weekday games can be placed in advance. Stop by ITT for more information.

Summer Tickets are Here. Stop by ITT for Great America, Santa Cruz Beach and Boardwalk, Soak City, Six Flags Hurricane Harbor and more!

The Races are Here! Laguna Seca Race season is underway. ITT will have tickets to the following races: 30 April - 2 May--Road and Track US Sports Car Invitational, 9 - 11 July--Honda Superbike Classic, 13 - 15 August--Historic Automobile Races, 10 - 12 September--Grand Prix of Monterey, 15 - 17 October--Electronics Sports Car Championship. Ticket prices will be posted on the website.

Subj: MINUTES OF THE MORALE, WELFARE AND RECREATION ADVISORY  
BOARD MEETING OF 5 MAY 2004

Don't Forget your Dad!! Father's Day is Sunday, 20 June. Stop by the ITT Office to get him See's Candy, Race tickets, a fishing trip with Randy's or any of our other great items.

(b) Liberty. Spring is here and we are welcoming it with a lunch on Tuesday, 11 May, at 11 a.m., on the Ballroom Terrace. There will be games and prizes, so plan on being there. Please RSVP to Amy by Friday, 7 May. This lunch is open to U.S. Enlisted Single and Geo service members only.

(c) Community Activities

(1) Comics on Duty. We have a night of laughs planned for Thursday, 13 May, at 7 p.m., in the Barbara McNitt Ballroom. Come see four fabulous comedians from the Comics on Duty tour; Gary Brightwell, Jeff Capri, Jack Mayberry, and Danny Villalpando. Tickets are on sale at the ITT Office for only \$10. This show is not suitable for children under age 13. Any questions, please call Amy Caudillo at 656-3223.

(2) We are sending cards to the troops overseas for the 4<sup>th</sup> of July. If you would like to drop off a card of encouragement, or sign one of ours, stop by the ITT Office. We have to send the cards out by 1 June in order to get them out on time. We are also taking donations of hot chocolate mix and hand wipes. Any questions, contact Amy Caudillo at 656-3223.

(d) Movies. Check out our website for the most current information on movie schedule and location.

(6) Monterey Navy Flying Club, Ms. Raish. Provided update on current annual audit of the Club.

c. Golf Course/RV Park Division, Mr. Thomas

(1) Mr. Thompson, our previous Golf Course Manager, recently resigned for a position in Sacramento. We are in the final stages of recruiting for a new Golf Course Manager.

(2) In response to one of the members, Mr. Thomas provided status of the command's plans for the golf course. The command is pressing forward for a 50-year lease of the golf course. The lease proceeds would go to maintaining Herrmann Hall. The plans would include relocating the RV Campground to the back part of the golf course, which would require a redesign of the golf course and an increase of the RV Park from 37 to 55 hook-ups.

Subj: MINUTES OF THE MORALE, WELFARE AND RECREATION ADVISORY  
BOARD MEETING OF 5 MAY 2004

All utilities including the office, bathrooms, showers, etc., will be new. Military will still have access at reduced rates.

Mr. Thomas discussed the Region's view of the golf course's potential for increased profits.

d. Child Development and Youth Division, Ms. Ryan

(1) Tech Connection

**Teen Summer Employment Program**

Who: Teens 16 - 18 years of age

Dates: Must be available 31 May - 30 July

All teen applicants must have a parent who is active duty, retired military, or a DOD civilian employee. Selected candidates are required to take First Aid, CPR, Child Abuse Prevention and other youth training. Application forms are available at the Tech Connection, Teen and Youth Center or the MWR NAF Personnel Office. For more information, please call Daniel McCune, Teen/ Sports Coordinator, at 656-2127.

**"KID'S NIGHT IN"--A.K.A. "Parent's Night Out".**

Activities, Fun, Treats!!! Join us!!!!

Date: Friday, 7 May

Time: 7:00 - 11:30 p.m.

Ages: 1<sup>st</sup> - 6<sup>th</sup> grade (6 - 12 years old)

Cost: \$5.00 per child

**San Francisco Giants Field Trip.** San Francisco Giants vs. San Diego Padres. For more information, please call 656-2127

Date: Thursday, 22 July

Who: Eligible patrons 7 - 18 years of age

Cost: \$15.00 + plus extra money for concession stands (includes ticket and round trip transportation)

**Splish Spashin' N2 Summer 2004 Summer Camp.** Registration begins 3 - 7 May for children already enrolled in CDC/SAC; 10 - 14 May for all other military/DOD children

Dates: Camp runs 7 June - 30 July

Subj: MINUTES OF THE MORALE, WELFARE AND RECREATION ADVISORY  
BOARD MEETING OF 5 MAY 2004

Who: Age 6 (Kindergarten Graduate) thru Age 10  
(going into 5th Grade)  
Cost: Fees are based on total family income

(2) Child Development Center (CDC)

"Summer Fun" Part Day Preschool: 12 - 30 July--sign  
up early, as spaces are limited.

Fall Part Day Preschool: 9 August 2004 - June 2005

Kindergarten Registration for the Monterey Peninsula  
Unified School District: May 2004

6. FFSC, Ms. Calub

a. Class schedules for July/August

b. We will be planning activities for the 25<sup>th</sup> anniversary  
of the FFSC in July.

7. NEX, Ms. Shearon

a. Provided brochures and flyers.

8. MWR Facilities, Mr. James Thomas

a. El Prado Dining Room Renovation. Scheduled for October  
through December 2004--new furniture, equipment, fixtures,  
carpeting, new buffet line, and lighting. At the same time, we  
will re-carpet the La Novia Room.

9. New Business

a. Ms. Caudillo. The Enlisted Recreation Committee will be  
conducting two fundraisers (car washes) in July. We will provide  
more detailed information via email.

10. With no other items from the members, Mr. Thomas thanked  
everyone for attending and adjourned the meeting at 1005. The  
next meeting is scheduled on Wednesday, 7 July 2004, at 10 a.m.  
in the La Novia Room, Herrmann Hall, NPS. NPS and tenant  
commands are invited to send a representative.

  
JAMES R. THOMAS

Subj: MINUTES OF THE MORALE, WELFARE AND RECREATION ADVISORY  
BOARD MEETING OF 5 MAY 2004

Distribution:

[http://www.mwr.nps.navy.mil/advisory/content\\_advisory.htm](http://www.mwr.nps.navy.mil/advisory/content_advisory.htm)

Copy to:

Advisory Board Members

Officer Students Spouses' Club (OSSC)

Military Officers Association of America (MOAA)

Superintendent's Student Council (SSC)

Monterey Pines Golf Association

Navy Monterey Golf Association

Naval Postgraduate School Sailing Association (NPSSA)

Fleet Reserve Association (FRA)